

Make this a healthy deployment

The 332nd Expeditionary Medical Support Clinic is located in Building 4031, across from Dining Facility 2.

Sick call hours are Monday through Saturday from 7 to 5 p.m. and Sunday from 8 to noon.

The Air Force Theater Hospital is also open for 24-hour emergency service and specialty care by referral only. All immunizations are given through the EMEDS Clinic, however, it is highly recommended individuals receive the proper immunizations (smallpox, typhoid, and influenza) prior to their arrival at the deployed location.

Personnel with asthma or breathing problems must be seen by their doctor prior to deployment - even people without symptoms can have their conditions flare up in this dusty environment.

For females on Depo-Provera birth control, if you bring a dose with you, the Air Force medical clinic will administer it.

The women's health clinic, located in Building 4031, is open for appointments from 8 a.m. to 4 p.m.

Medical personnel recommend bringing some over-the-counter cough or cold medicine since people seem to develop some type of cold within their first three weeks.

Also bring a personal supply of Motrin as well as a 150-day supply of your prescriptions. A 120-day supply will

only cover your time deployed, but not the transition here and back.

Transmission of various preventable diseases such as colds, the flu, bacterial/ fungal foot infections and foodborne/ waterborne illnesses are a significant medical concern minimized by:

1. Washing and/or sanitizing your hands frequently (bring plenty of hand sanitizers like Purell with you).

2. Bathing regularly - personal hygiene is a must with special attention to taking care of your feet.

3. Wear your shower shoes while taking a shower.

4. Wearing clean/dry socks and liberally using foot powder.

5. Only consuming food, water or beverages approved by the U.S. military.

6. Using bottled water to brush your teeth.

The area is known for its dangerous creatures. Sand flies carrying leishmaniasis are found in this region.

Bring insect repellent containing DEET and treat your uniforms with permethrin prior to your arrival. Bed nets are available here and their consistent use will help prevent bites while you sleep. Upon arrival, treat your bed net with permethrin.

For more information, call the Air Force clinic at 443-7322.



Balad Air Base is home to the headquarters of the 332nd Air Expeditionary Wing. Balad Air Base is located approximately 42 miles north of Baghdad in the Sunni Triangle region, which was considered the power base of Saddam Hussein.

The 332nd AEW is comprised of the 407th, 506th, and 447th Air Expeditionary Groups located respectively at Tallil and Kirkuk Air Bases and Baghdad International Airport. Balad AB is collocated with the U.S. Army's 1st Corps Support Command, which is responsible for the operation of Logistical Support Area Anaconda, the largest Army supply center in Iraq.

The only wing in Iraq, the 332nd AEW is composed of almost 5,000 Air Force personnel spread out in various locations throughout Iraq. There is also extensive interaction with coalition forces from Great Britain, Australia,

Italy, Korea, Japan, the Netherlands, Romania and Estonia. Also under the 332nd AEW umbrella is the 732nd Expeditionary Mission Support Group, which provides oversight for the Air Force personnel who are operationally assigned to U.S. Army units throughout Iraq.

The 332nd AEW of today traces its evolution back to the 332nd Fighter Group, best known for the famed Tuskegee Airmen. First activated on

July 4, 1942, this impressive unit lived by the values they had placed in their unit emblem. The panther symbolizes the unit's strength, dedication and devotion to duty, while the fire emitted from its mouth represents the unit's capability to accomplish the Army Air Corps mission.

Today, the 332nd AEW continues that tradition as it supports the stabilization and reconstruction phase of Operation Iraqi Freedom.



Handy Balad Telephone Numbers



DSN Area Code: (318)
PERSCO: 443-6512
ATOC: 443-6520
Lodging: 443-7282
COMM help desk: 443-7500
Vehicle Ops: 443-6779

Command Post: 443-3320
EMEDS: 443-7322
Public Health: 443-7304
Finance: 443-7482
Public Affairs: 443-6010
Pass & ID: 443-8112

Staying out of trouble

Know General Order No. 1A

General Order No. 1A identifies conduct that is prejudicial to the maintenance of good order and discipline of Air Force personnel assigned to or attached to duty with the Ninth Air Force units within the United States Central Command's area of responsibility. The general order is a punitive order in effect while at Balad Air Base.

General Order No. 1A prohibits:

- ☐ Possession, manufacture, importation, distribution and consumption of alcohol
- ☐ Introduction, purchase, possession, use, sale, transfer, manufacture, or consumption of any controlled substances or drug paraphernalia. The original prescription label of the prescribing medical facility or authority must accompany prescription drugs
- ☐ Introduction, possession, transfer, sale, creation, or display of any pornographic or sexually explicit material. This includes, but is not limited to photos, videotapes, movies, drawings, cartoons, books and magazines. "Sexually explicit" means depiction or description of nudity, including sexual or excretory activities or organs, in a lascivious or lustful way. The exceptions are magazines or videotapes lawfully obtained in AAFES, AFRTS and MWR facilities
- ☐ Purchase, possession, use or sale



of privately owned firearms, explosives or ammunition

- ☐ Gambling of any kind including sports pools, lotteries and raffles
- ☐ Entrance into a mosque or other site of Islamic religious significance unless directed by military authorities as part of a military necessity or official tour
- ☐ Removing, possessing, selling, defacing, or destroying archaeological artifacts or national treasures
- ☐ Selling, bartering, or exchanging any currency at other than at the official exchange rate
- ☐ Adopting mascots, caring for or feeding any type of domestic or wild animals
- ☐ Proselytizing (preaching) or attempting to win converts to any religion, faith or practice
- ☐ Taking war trophies as souvenirs
- ☐ Attending host nation disciplinary ceremonies of any kind, such as public executions.

Violations of the above rules are punishable under Article 92 of the Uniformed Code of Military Justice.

Infrastructure



Latrines

- The current Iraqi water and sewage system is either unsatisfactory or broken, so water and sewage must be trucked in and out. The latrine system consists of Porta potties and sheltered toilets (left). The shelters also have sinks, mirrors and interior lighting.

Power

- Power inside the trailers is 220 volts, so converters will be needed for authorized items such as alarm clocks and irons. There are some power failures (planned and unplanned), so it is recommended that you bring a battery powered clock. Also, due to the power frequency, alarm clocks tend to gain or lose several minutes per day.

Environmental hazards

Wildlife

Balad has its share of wildlife, many of which are hazardous. Be careful where you walk, watch what you turn over, and check your boots, sleeping bags, and clothes if left on the floor. Below are some examples of animals you may encounter here:

☐ **Camel spiders** - These seem to come out of hiding during windy conditions. They don't seem to be very aggressive, but they will hiss and are ugly.

☐ **Field mice** - There are more of these than you can shake a stick at. Keep all food in containers to avoid

having one as a roommate.

☐ **Scorpions** - These are around and they have stung people. They are usually found in dark places like under sandbags, boxes, etc.

☐ **Snakes** - There have been several sightings in tent city. Consider all snakes poisonous and avoid them.

☐ **Sand flies** -

These tiny, pinhead sized insects who come out and bite at night. Use a bed net to keep them out while sleeping and treat your uniforms with permethrin. Wearing DEET also keeps these pests away.



Balad Finance Office

The 332nd Air Expeditionary Wing Finance Office is located in the 332nd Civil Engineer Squadron (Building 4000). The hours of operation are: **Monday thorough Saturday, 8 a.m. to 6 p.m.** Some of the services offered at the finance office include check cashing (443-7481), customer service (443-7482), accounting (443-7484) and comptroller (443-7483).

Essential items to bring:

☐ Checks. There are no ATMs at Balad Air Base, so it's recommended

that individuals bring personal checks or traveler's checks for cash. The check-cashing limit is \$200 per week.

☐ Passwords to MyPay and vMPF.

These sites provide access to your pay information and vMPF allows you to file accrual travel vouchers online so your Government Travel Card can be paid while you are deployed. We can assist in obtaining a password to MyPay, but it takes a day for the password to arrive. It's recommended that you visit www.dfas.mil before you deploy to establish an account.



People deployed can send mail free to their families and friends, as long as it weighs 13 ounces or less and has the words "Free Mail" marked clearly in the upper right corner, where the stamp would be. Mail going to another air post office is also free -- "MPS" goes in place of the stamp. All other mail must be metered and processed at the Army APO at Building 4178. The post office opens at 9 a.m. and closes at 5 p.m. Monday through Saturday. Mail takes 10 to 30 days to arrive. Your mailing address while deployed is:

Rank/Name
USAF- Deployed Org/Office Symbol
APO AE 09315-9997

Need legal advice?

Balad's legal office is open:

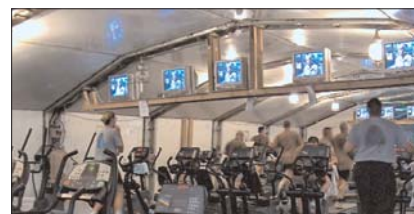
Monday through Saturday from 8 a.m. to 6 p.m. and Sundays from noon to 8 p.m.

For more information, call 443-6004/6002.

QUALITY OF LIFE



There is a base exchange. Checks and credit cards are accepted, but cash is the quickest way to get through a typically long line.



The Tuskegee Town Fitness Center has treadmills, elliptical and stationary bicycles in addition to a weight room with free weights and machines.



The Sustainer Theater plays current movies showing back in the states for free.



Men must wear baggy shorts, PT shorts, or swim trunks and women must wear a black, blue, brown or grey one-piece bathing suit at the pools here. There is one indoor and one outdoor pool.



There are four dining facilities on the compound.



The Tuskegee Town Recreation Center has movies, pool and foosball tables, Playstation Games, Counterstrike network game and DVD checkout. There is also a snackbar.

Lodging

- ☐ Modular dorm or trailer (4 to 8 people per room in dorms, 2 people per room in trailers)
- ☐ Twin beds
- ☐ Wall lockers for each person
- ☐ Linens provided

Laundry

- ☐ Self-service facility

- ☐ Three-day laundry drop off service
- ☐ Press shop

Shoppette

- ☐ Located conveniently near Tuskegee Town

Chapel

- ☐ Variety of different services and located in Tuskegee Town

Keys to a successful deployment

Your unit deployment manager should provide you with the necessary supplies and equipment to survive your deployment. Since every deployment is different, below are suggestions of what to bring compiled by former "Baladians."

The list is by no means all-inclusive, but should give you a general idea of conditions here. It is not necessary to bring a four-month supply of toiletry items. There is a base exchange where items are available; however the exchange does not have all the well-known name brands. If you like a specific kind of something – bring it with you.

Just a reminder, dirt and sand are large parts of your Balad experience. Keep that thought in mind when you determine what to bring with you. High temperatures during the summer months are in the 120s; during the winter, highs are in the 60s, with lows in the 30s.

Workplace

❑ Four sets of DCUs are authorized, but if you have others bring them. For deployments April 1 through Nov. 1 be sure to treat them with permethrin. The mosquitoes and biting sand flies are out in force during the spring and fall months.

❑ A current copy of your Information Assurance (formerly

SATE) training to obtain your e-mail accounts.

- ❑ A pair of steel-toed combat boots
- ❑ Two hats (floppy or 8-point Marine-style). Hats get dirty quickly.
- ❑ Gortex DCU raincoat
- ❑ ID holder (similar to flightline badge holder)

Living area

❑ Optional: Twin-sized sheets, pillowcases, a pillow and a blanket for your bunk bed. The Lodging Office issues linens upon arrival, but having your own will add a touch of home.

❑ A small light, clip-on lamp or flashlight is a must so you can move around without waking others.

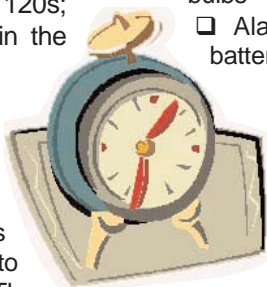
- ❑ Shower shoes
- ❑ Bag to carry shower items to and from bathroom
- ❑ LED headlamp works very well for night operations, better than flashlights and last longer than halogen bulbs
- ❑ Alarm clock, preferably battery powered

❑ Adhesive hooks to place on the outside/inside of locker to hang things on

❑ Dark bed sheets to make privacy screen for bedroom area; some

exist if your replacement left it behind, but quality and availability are unknown

- ❑ Mosquito net
- ❑ Floor mat/rug for living space



Keys to a successful deployment

Personal items

Most items are available in the Base Exchange, but if you prefer a special brand, bring it. Individuals will have a wall locker for storage purposes. Below are some suggested items:

❑ Glasses, if you wear contacts. There is so much grit in the air you will most likely end up wearing your glasses

❑ Neck pillow and personal fit hearing protection for those long flights over here

❑ Duct tape: the universal tool for fixing things or creating living areas

❑ Safety pins or clothespins to help with hanging sheets for your privacy area

- ❑ Three bath towels
- ❑ Laundry bag
- ❑ Eye care products
- ❑ Foot powder
- ❑ Pocket knife or multi-tool
- ❑ Sunglasses
- ❑ Extension cord, power strip, surge protector
- ❑ Portable radio, portable DVD player, laptop
- ❑ Extra batteries
- ❑ Books, CDs, DVDs
- ❑ Cameras

Male:

❑ Disposable razors or electric razor (220 power is predominate, but 110 is available)

Female:

❑ Leave-in hair conditioner and

things to expedite the shaving process

❑ Special types of conditioners, deodorant, hairspray

❑ Soap, facial cleanser, etc.

Clothing policies

Before you arrive: According to CENTAF policy, passengers traveling in and out of the AOR must wear conservative civilian attire. Civilian attire is defined as: sleeved shirts, dress pants/jeans fitted properly and of solid dark color; pants/shirts that don't have holes/tears and conservative shoes (or well maintained sneakers or hiking boots). Members cannot travel in open-toed shoes, sandals, flip-flops or dilapidated footwear.

After you arrive: Personnel are not authorized to wear civilian attire, only DCUs or PT uniforms.

The new official Air Force PT gear is readily available at the base exchange and will eventually become a mandatory purchase.

Until Airmen are able to purchase the new gear, they may wear conservative and professional PT clothing with minimum ornamentation/illustrations. Profanity, sexually related, discriminatory or culturally sensitive content is prohibited. Shirts must have sleeves and be mostly solid in color. Black or brown uniform shirts are acceptable. Shorts must reach to the mid- or lower-thigh and will not be spandex.